

MATRIX



GO SERIES SHOULDER PRESS GO-S23

Appeal to those new to strength training with a space-saving shoulder press that's easy-to-use.

Oversized neutral grips let users get started with no adjustments needed while reducing stress on shoulder joints. Ideal for facilities where space and budgets are limited, it will easily fit your training area or circuit program.

The guide rods can be removed without any tools at all for quick, easy maintenance. A durable metal shroud withstands tough environments and can be removed with only two bolts to streamline service.



Large, color-coded placard demonstrates start and finish positions while highlighting active muscle groups. Storage space keeps personal device, water bottles and towels in reach while reducing clutter.



Go Series features a small footprint and back-to-back design, improving traffic flow and making it easy to configure your space. Each single-station unit has a low starting weight and minimal to no adjustments, so users can get started right away.

FRAME & CABLES

Frame finish	Proprietary two-coat powder process
Available frame color	Iced Silver, Matte Black, Graphite Grey, Gloss Black, Polarized Titanium, Lace White
Cable transmission	Internally lubricated cables and fittings
Machine anchoring locations	Yes

USER AMENITIES

Front placards	Muscle call outs, start and finish exercise illustrations
Placard color coding	Yellow (upper body)
Personal storage	Bottle holder and storage area

ADJUSTMENTS

Color coded pivots & points of adjustment	Yes
User adjustment range	N/A

WEIGHT STACK

Total stack weight	45 kg / 100 lbs.
Weight plate increments	4.5 kg / 10 lbs.
Optional Incremental Weight	2.3 kg / 5 lbs.
Consistent stack height	Yes, 137 cm / 54"
Weight stack guarding	Full front and rear metal shrouds

TECH SPECS

Overall "static" dimensions (L x W x H)	148 x 110.5 x 140 cm / 58.4" x 43.5" x 55.2"
Overall "in-use" dimensions (L x W x H)	148 x 110.5 x 176 cm / 58.4" x 43.5" x 69.3"
Product weight	160 kg / 353 lbs.
Max user weight	159 kg / 350 lbs.

For more information about Matrix Fitness: matrixfitness.com